

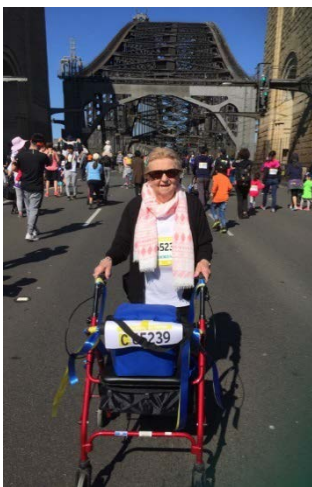


Spring 2017 Newsletter

Spring is here. Time to shake off those winter blues. Be inspired to get moving and embrace life.

Never too late to get moving

Motivated to be more active and reduce joint pain, 81 year old Anne has embraced her opportunity to participate in the Osteoarthritis Healthy Weight for Life program.



Anne recently completed a 3.5Km Family Fun Run across Sydney Harbour Bridge.

At first Anne thought she would never be able to change her diet or do the exercises due to pain in her joints. With the structure of the program, the support and encouragement from the HWFL team together with her own determination and perseverance, Anne has so far reduced her body weight by nearly 13% and improved her joint

pain to the point where she is now able to "walk as far as she likes without having to ooh and aah every few steps."

Physical activity is an important part of any healthy weight management program. Engaging in regular physical activity can also have many benefits - more energy; improved blood pressure, cholesterol and blood sugar regulation; reduced risk of developing heart disease, diabetes and other illnesses; your bones and muscles get stronger, lowering the risk of osteoporosis and falls; arthritis pain and symptoms improve; stress levels fall; sleep improves; you enjoy a healthier state of mind; you feel better, and set a good example for your family. What are you waiting for?

How can you incorporate 30 minutes physical activity into your everyday?

1. Think of movement as an opportunity, not an inconvenience. Find something that you enjoy as this will motivate you to go back for more.

2. Be active every day in as many ways as you can. Can you walk or cycle instead of using the car? Try parking a little further away from your destination.
3. If 30 minutes is too much to start with, then gradually build up by combining a few shorter sessions of at least 10 minutes through the day.
4. If you can, it is also great to incorporate some more vigorous exercise for extra health and fitness. Vigorous exercise makes you 'huff and puff' such as dancing, jogging, aerobics and team sports.

Remember, something is better than nothing.

KicStart™ sale

FREE delivery PLUS a 15%* discount on all e-Store items



This offer will end at midnight Tuesday 31st October 2017
*Usual graduate 10% + extra 5% discount

No need to log in just start shopping. Simply add items to the shopping cart, enter your Discount Coupon Code **HWFLGRADUATE** then click on the 'Remit Coupon' button and proceed to checkout and payment.

SHOP NOW

Click here

Healthy Weight for Life e-Store

Or phone the team on **1800 226 180**.

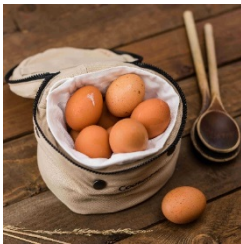
Bonus for HCF members

Order a flavour mix of 100 KicStart™ sachets and receive a **FREE** set of beautiful, modern, black glass digital bathroom scales (batteries not included). While stocks last. Not available with bulk box purchases.



Recipe Ideas

Enjoy some eggs.



Crustless Quiche (serves 6 for lunch)

Ingredients

- 2 small yellow squash thinly sliced
- 2 small zucchini thinly sliced
- 1 red or yellow capsicum
- 2 cloves of roasted garlic or 1 clove of fresh garlic
- 1 tablespoon thyme - fresh or dried
- 6 eggs
- 3/4 cup of milk
- a good pinch of salt
- 1/4 teaspoon of ground black pepper
- 2/3 cup of grated cheese of your choice (e.g. cheddar, mozzarella, fetta, goats cheese)
- 2 tablespoons of grated parmesan
- 1-2 tablespoon olive oil

Method

Add a tablespoon of olive oil to a large frypan over a medium heat, then add squash, zucchini, capsicum garlic and thyme. Stir frequently for about 6 to 8 minutes or until vegetables are soft.

Preheat oven to 180°C. Grease a 20cm oven proof pie dish or cake tin with a tablespoon of olive oil. Whisk eggs, milk, salt and pepper in a bowl until combined. Arrange cooked vegetables in the dish, add the grated cheese on top, pour the egg mixture over all of it and sprinkle with the parmesan. Bake 40-45 minutes or until cooked through. Slice into 6 and serve with a fresh salad.

Green Shakshuka

(serves 4 for breakfast or lunch or serves 2 for dinner)

Ingredients

- 1 tablespoon olive oil
- 2 large leeks, halved lengthwise and thinly sliced
- 1 celery stick thinly sliced
- 3 cloves garlic, crushed
- 200g spinach
- 1 teaspoon oregano (fresh or dried)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 40g fetta cheese
- Salt and pepper to taste
- 4 eggs
- 4 slices of crusty bread

Method



Add a tablespoon of olive oil to a large frypan over a medium heat. Add the sliced celery, leeks, garlic, oregano and spices. Cook until leeks are

soft (about 5 minutes).

Add spinach and lightly season with salt and pepper. Once the spinach has wilted pat the mixture down. Crack the eggs into the pan on top of the mixture. Let cook for 2 to 3 minutes, then cover with lid for a further 2 to 3 minutes until eggs are cooked but yolk still soft. Sprinkle with fetta. Serve immediately with crusty bread.

Your ideas and suggestions

We are always keen to hear your stories and ideas. If you have something you would like to share, wish to learn more about or have any other feedback for our team, we would love to hear from you. Email us on info@hwfl.com.au, give us a quick call on 1800 226180, or log into your member hub and post a message on your personal message board.